

# On Target

## Affiliation/Registration Now Open

Affiliation and registration for 2013 is now open on the NSWFA website and fencers are encouraged to join up as soon as you can as the fencing season gets underway in February. Enter the online portal on the home page and have your log-in and credit card details handy.

Affiliation permits you to enter NSWFA, AFF and international competitions and covers you for personal accident insurance. Registration permits you to enter NSWFA Novice and Schools competitions and covers you for insurance. Members who join in the Associate category are covered for insurance and may fence in regional competitions.

Fees for 2013 were reported in the December newsletter.

## Coach Affiliation

As for last year, coaches will need to complete a form confirming that they are currently accredited, have registered their details with the AFF Portal and are listed as accredited coaches by the AFF. They must also confirm they comply with NSW Working with Children Check requirements.

Please note that new Working with Children Check requirements will be introduced in NSW during 2013. The new system was to have begun in February but has been deferred.

The Working with Children Check applies to self-employed people (paid coaches) and to volunteers working face to face with children. Coaches will require a new Self-Employed Certificate (which requires a police check and the payment of \$80 for a 5-year certificate) when their current certificate expires. Details are at: <http://www.kids.nsw.gov.au/kids/working/newcheck>. On this site, you can also find details of information workshops run by Communities NSW.

## Selection Policy Amended

The NSWFA Executive has reviewed and amended the selection policy for national competitions to apply from 2013 to 2016. Selections for all age categories will now be made on the same basis.

For the A team, three fencers will be selected according to ranking and the fourth position will be taken by the non-selected fencer who achieves the highest result in the individual competition.

For the B team, fencers will be selected according to the order of their result in the individual competition.

The Selection Policy can be found on the Policies page of the NSWFA website.

## Rankings System Reviewed

The NSWFA Executive has reviewed and amended the ranking points system. The main change is that Open rankings will be based on the best four results from competitions that carry ranking points and in other age categories rankings will be based on the best three results. This follows the AFF model and is intended to ensure that rankings better reflect the comparative performance of fencers. Another change is that NSW ranking lists will not include fencers from other States, except for those from the ACT.

The Rankings System can be found on the Policies page of the NSWFA website with further details in the pdf links on each weapon category on the Results and Rankings page.

## Congratulations

To these young NSW fencers who have been selected to represent Australia for the 2013 Junior and Cadet World Championships at Porec, Croatia 6-15 April.

Sholto Douglas and Jesse Morris (reserve) in Cadet Men's Foil; Boston Fawkes in Cadet and Junior Men's Sabre; Simon Capon in Junior Men's Foil (team); Mathilda Barnard in Cadet and Junior Women's Sabre; and Natalie Molen-Grigull in Junior Women's Sabre.

## Annual General Meeting Date Set

The 2012 Annual General Meeting of NSWFA will be held at **2pm on Sunday 3 March at Marrickville** PCYC. The Secretary, Vince Elias, has sent a formal notice of meeting and request for motions to members directly. Nominations have been called for one vacancy on the Executive.

**Womens Sabre take Gold & Silver in Canberra**  
**Ranking 1 NSW A, 2 NSW B, 3 Vic, 3 WA**



# The Swords Club Centenary 2013

## Celebrating 100 years of Fencing – A brief history

The Swords Club is the oldest operating fencing club in Australia. It holds an important role in the development of the sport in this country and in its hundred year history it has only ever been led by three Head Coaches.

Frank Stuart arrived in Sydney in 1912, and by 1913 had formed The Swords Club. The Swords Club was originally situated in the city and it attracted a large attendance from many prominent people, including the Premier of NSW, Mr W.A. Holman, Sir Frederick Jordan, Judge Rolin, Nellie Stewart, Hera Roberts and Snowy Baker.



Frank Stuart was also a strong advocate for women in sport. In 1917 he co-founded the Australian College of Physical Education (ACPE). The Swords Club and ACPE operated from the same premises until 1949. This close relationship is reflected in ACPE continuing to have a sword as part of its emblem.

Female pupils of Frank Stuart were the first Australian women to gain their Maitre d'Armes in Paris, these included Miss Sylvia Forrest and Miss Catherine Pym. Miss Joan Beck gained her Professorship of Fencing in London in 1952. All of these women went on to play a significant role in the development of fencing and sport in general in Australia throughout the 20th Century.

Frank Stuart was coach to the Australian Fencing Team at the Empire Games in New Zealand and was planning to accompany the Olympic Team to Helsinki in 1952, when he unexpectedly passed away from complications from surgery as a result of an injury sustained in a car accident in the 1920s. He died just three months before an Australian Fencing team competed in its first Olympics.

With the death of Frank Stuart, The Swords Club was left without premises and their Head Coach. Professor Joan Beck took up the position and found new premises at Bjelke Petersen's in Castlereagh Street, where the Club remained for 20 years. (more on Professor Beck in the next Newsletter) In 1972 with the closure of Bjelke Petersen's, Professor Beck established her own fencing Salle in the heart of Sydney. She retired as a fencing coach in 1975, passing the foil to Vivienne Tucker (nee Watts).

Vivienne transitioned The Swords Club from being a social club to a sports club where competitive fencing dominated. This was reflected in the changes to society and impact of technology on fencing in general. Higher rental costs in the city saw The Swords Club relocate many times during this period. It was during this period that tragedy again struck the Club with a fire breaking out at its premises in 1985. The Swords Club suffered the loss of all its equipment, records and trophies. It is to the credit of Vivienne and Linda McLaren (Club President) and to the TSC members and wider community that The Swords Club continued to operate and maintain its high standing in the community.

In 1999, The Swords Club relocated to North Sydney Girls High School. This period of stability has seen the Club continue to grow, to expand its junior membership and remain competitive at both a State and National level.

2013 marks The Swords Club Centenary, we invite members and friends of the Australian fencing community to join us as we celebrate this important milestone in Australian fencing.

Further details to follow.

If you would like to be part of our Centenary celebrations and kept informed of upcoming events email us at [tsc100years@gmail.com](mailto:tsc100years@gmail.com) or visit our website [www.theswordsclub.org](http://www.theswordsclub.org)

### Dates to note for 2013 Centenary Events

The Swords Club Centenary Dinner

WatervieW in Bicentennial Park

**Saturday 20 July, 2013**

En Garde! The Swords Club of Sydney – 100 Years of Fencing Centenary Heritage Exhibition

Stanton Library Heritage Centre, North Sydney

Exhibition Opening - Wednesday 10 April 2013



# FightingFit



Improving the strength, fitness and health of our fencers is a key goal of the NSW Fencing Association. In 2013, our newsletter has a new feature to help you reach your goals – FightingFit, by Australian Fencing Squad member, Sally Bennett.

Sally is the founder of Fit-a-cino, a fun fitness program that provides camaraderie, stretching, walking, one-on-one fitness and health coaching and ends with a delicious cappuccino together. Check her out at <http://fFit-a-cino.splashthat.com> Fencing and Fitness

Getting fit is not just for competitions. Optimum fitness energises you so you can not only make it through your training, but also maintain enough power to learn more in training and improve faster as a result.

## FightingFit tip of the month: Eat more often - and add some protein.

Want to have more energy, be more alert and feel great throughout your training? Switch from two or three large meals to five or six healthy smaller ones of 300 to 400 calories (don't worry if you're not a calorie-counter – just go smaller).

By eating more often, you maintain your metabolism to keep those calories burning. You will keep up your energy, concentration and alertness levels. Eating 4-5 times a day, you'll ward off the late afternoon energy drain due to being hungry and low sugar levels. Plus, because you are eating more often, you will eat more nutritiously because you won't be bingeing and loading up on empty calories, so it's great for weight loss too!

My suggestions: muesli with almond milk banana with almond butter on whole wheat (I really notice a difference in my fencing if I have this pre-training!) turkey sandwich on whole wheat ***Wishing you a happy 2013 full of energy and vitality,***

Let's be *Fighting Fit*,  
**Sally**

## Fundraising Co-ordinator Appointed



**Tanya Buchanan** has taken on the role of Fundraising Co-ordinator.

Tanya is mum to Courtney, an under 13 foil fencer who lives in Wollongong and fences at Marconi Club. As Tanya knows nothing about the technical aspects of fencing and plenty about how much the sport costs both individual fencers (and their parents) and the NSWFA, she volunteered to help with fundraising for the NSWFA. In her day job Tanya has many years of experience writing grant and funding applications and has done a lot of work in the not for profit sector. In 2013 Tanya is starting a new role as the Divisional Manager for Economic, Community and Cultural Development with Wollongong City Council.

Tanya is keen to hear from anyone in the fencing community with ideas about fundraising or who can be of assistance in sourcing sponsorship in order to support the development of the sport in NSW. She can be contacted on [development@nswfencing.org.au](mailto:development@nswfencing.org.au)

## VALE



### Anthony Gaskell

Fencing has lost one of its colourful characters with the passing of Anthony Gaskell, a member of the Rozelle Fencing Club.

Anthony died peacefully in Greenwich Hospital on 30 January, with his family at his bedside, after a battle with cancer. He was 72.

In the time before his death, he was visited by his fencing friends who found him lively and still exercising an inquiring mind on subjects that interested him, like global warming. Fencers will recall Anthony as a plucky fighter on the strip and a good friend off it. He attended the Veteran World Championships in 2010 and 11 and was planning to go again last year but illness intervened.

Anthony's funeral will be held at **2.15pm on Tuesday 5 February** at the Northern Suburbs Crematorium, 199 Delhi Road, North Ryde. Details can be found here: [www.bluebyro.com/anthony/](http://www.bluebyro.com/anthony/)

In keeping with Buddhist tradition, Anthony has asked for those attending his funeral to wear white.

## New State Sabre Coach

Jess Brooks has been appointed as State Sabre Coach to work with the sabre squad on Tuesday and Friday evenings. Jess will concentrate on the younger members of the squad. She will work with the Head Coach, Antonio Signorello, and the Assistant National Sabre Coach, Michael Howard.

## Fencing Season Opens Soon

The NSW fencing season commences on 10 February with Junior (U20) events in 3 weapons and U11/U13 epee. Open, Veteran and Novice fencers kick-off with a round of Season Opener competitions on 17 and 24 February. For details see the 2013 Calendar on this website. NSWFA wishes all fencers the best of luck in competitions this year.

## Wannabe a DT?

We're looking for members/parents who would like to learn the skills of tournament management and become a member of the Directoire Technique for our Schools Championships. You will work with our senior director William Hay in managing Saturday morning schools events at Marrickville. The job requires people with basic computer skills who are well organised, can work efficiently under time pressure, solve problems on the spot and deal with people fairly. If you would be interested in helping us to run the schools competitions, please contact Vince Elias at [secretary@nswfencing.org.au](mailto:secretary@nswfencing.org.au)

## Angela and George Move On



A couple of familiar friendly faces will be missing when fencing resumes at Marrickville. Angela and George Tzannetis have left the Steel Park

Cafe and have moved on to open a new business. Angela and George have been generous supporters of NSW fencing and always hospitable towards fencers and their families - especially with heart starter coffees on a cold winter's morning. We wish Angela and George all the best in their new venture and welcome the new proprietors of the Cafe, Jim and Helen.

## Pro Coach Finder

We're letting coaches know about the creation of a new internet listing of professional sports coaches. If any fencing coaches are interested in promoting your services, you can find out more at [www.procoachfinder.com.au](http://www.procoachfinder.com.au)

NSW Fencing is supported by:



## Review of Safety Standards

Members are reminded that comments on the current review of fencing equipment safety standards are due by the end of January. You will find a discussion paper on the website.

## Conductive Foil Bibs

The NSWFA Executive has decided that conductive foil bibs will be required for all State competitions in 2013 except for the Schools Championships and for U15/U13/U11/U9 State competitions. This will bring NSW into line with AFF requirements and established practice in other States. It is expected that most NSW fencers competing regularly in Cadets and above will already have conforming masks.

## Rules of Entry

Rules of Entry will be posted on the wall at NSWFA competitions. These Rules remind all participants of their obligations under the NSWFA Code of Conduct and nominate the tournament officials responsible for the orderly management of fencing competitions.

## Hot Weather Guidelines

In the current spell of hot weather, fencers, coaches and tournament officials should be mindful of the risk of heat stress during training and competition. Australian Sports Medicine has published very useful guidelines which are attached and also shown on the NSWFA website. Any fencer feeling dizzy, light headed, fatigued or affected by other symptoms of heat stress should immediately stop fencing and follow the advice in the guidelines. Coaches and tournament officials should also be familiar with the guidelines.

## Level 1 Coaching Course

It goes without saying that coaching is the key to raising skills and helping fencers to make the most of their abilities and relish the challenge of competition. We need coaches not only to teach others, but to act as ambassadors for fencing, taking our sport into new schools and helping clubs to develop.

Taking a coaching course not only helps you to help others, it also helps you to understand better the dynamics of fencing and how you can improve your own performance.

A Level 1 General Coaching Course will be conducted in early 2013 with the first session commencing on **17 February**. The primary focus will be on foil but the course will also cover epee and sabre. The registration date is **1 February**. For further details see the flyer on the News & Information page of the NSWFA website.

# Referee training program update

Fencing is a sport that has a high participant to referee ratio so being able to referee bouts is an integral part of participating in fencing. To make it easier for all fencers to be better referees, NSWFA is offering free refereeing training in 2013.

The fencing benefits of doing this training are:

Not only will you be a better referee, you are likely to also improve your own fencing as you will learn to analyse fencing action more accurately.

Everyone doing the course should be able to make the same decisions, leading to more consistency in calls.

You will have more knowledge and confidence about when it is valid to raise a question about a referee's call and how to do so within the rules.

Referees can progress on a career path through the grades from:

School/Club Volunteer Referee (can referee bouts within a club or school setting, starting to referee matches between clubs and schools), to

Squad Referee (can referee bouts between clubs and schools and state level school age bouts), to

Accredited State Referee (can referee all State level bouts, irrespective of age group and capable of mentoring less experienced referees), to National Referee, to International and Olympic Referee!

You can get extra value from your volunteering time:

You may be able to claim the time spent refereeing as volunteering time for the Premier's Volunteering Award ([http://cliv.det.nsw.edu.au/student\\_volunteering/index.htm](http://cliv.det.nsw.edu.au/student_volunteering/index.htm))

You may be able to claim the time spent refereeing as either skill development or volunteering for the Duke of Edinburgh scheme (<http://www.dukeofed.com.au/>)

If you progress to being accredited (State level or above) you can be paid for the day, and under some circumstances, there may be a travel allowance too.

If you progress to being accredited (State level or above) it is a meaningful extra item to go on your resume.

Last year, NSWFA appointed a State Officiating Director, Max

Andrew-Kabilafkas, to set up the referee training program. Max works with the National Head Coach, Antonio Signorello, to ensure that the refereeing judgements taught are correct, and are in line with National and International interpretations of the Rules, so that referees and fencers alike are appropriately informed when doing higher level matches. A NSWFA Executive member, Meron Clark, has taken responsibility for oversight of the referee training program.

Building on last year's experience, the referee training program this year will be more tailored to smaller groups to better suit the needs of fencers, clubs and schools.

For progress from Volunteer to Squad referee an official NSWFA referee trainer will attend a training session at your club or school if there are more than 10 participants, or we will arrange a training session specifically for a group where there are less than 10 individuals at a site.

For progress from Squad to Accredited State referee you will need to keep a logbook of hours plus be mentored at official competitions and sit and pass a short test.

For claiming the volunteering time, you will need to confirm with your school/coordinator that they accept the refereeing as a valid activity and do the free course. We will then roster you on to referee and, provided that you are reliable, sign off on the hours that you do.

So if you are interested in doing the course, claiming volunteer time or in progressing to the next refereeing level, please email: [refereeprogram@nswfencing.org.au](mailto:refereeprogram@nswfencing.org.au) and include your:

name:

weapon:

contact email:

contact phone number:

club/school:

current referee level:

back-up contact number (parent/caregiver preferred)

And remember, the referees at the Olympics started at club/school level too :)

**Below: CANBERRA CAMP 2012, national sabre team**



# National Schools Categories Explained

In response to queries about the age categories for Nationals Schools Championships...

There are two:

Intermediate is for fencers in their first three years in High School - i.e. Years 7, 8 and 9.

Senior is for the more experienced fencers in Years 10, 11 and 12.

Please note that the categories are based on the school year, not the age of the fencer.

Intermediate fencers may 'fence up' in the Senior category but can only enter one category. Fencers and parents should consult with their coach about 'fencing up'.

The organisers may combine Intermediate and Senior categories if numbers in an event are low. In this case, separate medals will be awarded for each category.

In teams, there is only one category: Senior. However, Intermediate fencers may be included in Senior teams.

NSW selections for the National Schools Championships are based on NSW qualifying events (see dates below).

In these events, fencers in the Intermediate category may enter both Senior and Intermediate events and may be selected as either Senior or Intermediate (but not both) for the National Championships.

It is also possible for primary school fencers to enter the State qualifiers and be selected for the National Championships depending on their results. We suggest the parents of primary school fencers should consult their coach.

## Key dates:

### **National Schools Championships Qualifier (Individual):**

Sat 2 March - Senior Girls/Intermediate Boys (all weapons) Sat 23 March -

### **Senior Boys/Intermediate Girls (all weapons) National Schools Championships (Individual)**

15-16 June in Brisbane

### **National Schools Championships Qualifier (Teams) AJ Rae & Roseanne White competitions.**

Sat 4 May - Girls Foil/Boys Epee/Boys Sabre Sat 11 May - Boys Foil/Girls

### **Epee/Girls Sabre Nationals Schools Championships (Teams)**

3-4 August in Brisbane

**Below: CANBERRA CAMP 2012, national foil team**



# Southern Highlands Fencing Academy

Presents

## The Southern Highlands Challenge



**Sunday 24th March 2013**

**Carrington Room**

**Mittagong RSL**

**Registration 8.30 am**

**Start 9.00 am**

Mens Open Foil

Womens Open Foil

**Registration 10.00 am**

**Start 10.30 am**

Novice Foil Mens & Womens

**Registration 12.30 pm**

**Start 1.00 pm**

Mens Open Epee

Womens Open Epee

**Registration 1.30 pm**

**Start 2.00 pm**

Novice Epee Mens & Womens

\$20.00 One event entry

\$30.00 Two event entry



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